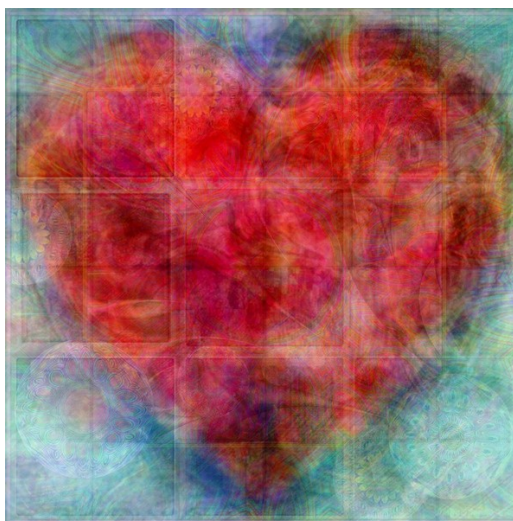


“Your task is not to seek
for love,
but merely to seek
and find all the barriers
within yourself
that you have built
against it.”

- Rumi



Upcoming Events

**HAPPY VALENTINE'S
DAY!**
FRIDAY FEBRUARY 14TH

SRI WORKSHOP
WEDNESDAY MARCH 5TH
6:30 – 8:00 PM

The Season of Transform will
cover SRI Stages 4-7.

CLEAR DAY
SATURDAY APRIL 12th

MARIS STELLA RETREAT
CENTER IN LBI.

The Spring Clear Day will once
again be held at the Maris Stella
Retreat Center. It will be a full
day of powerful connection and
healing in community.



Matter of the Heart

Aristotle considered the heart to be the seat of intelligence, motion, and sensation in the body. Its importance can be, in part, attributed to its location. A couple of centuries later, Galen referred to the heart as “the hearthstone and the source of the innate heat by which the animal is governed.”

This “innate heat” is distributed throughout the entire body, as blood travels to and from this central oscillator.

We also identify the heart with the “heat” of the emotions we feel. If we consider emotion as “energy in

motion” and the heart to be the center of motion and sensation (in a philosophical sense), then this identification becomes clear.

Emotion drives decision and action. The extent to which we kindle or quell this “innate heat” reflects who we are. In a figurative and a literal sense, fire transforms things. It is one thing (a very important one) to look at the physiological matter of the heart. It is yet another to take measure of the fire we temper within ourselves.



Heart Healthy Tips

It's OK for your heart to beat a little faster on Valentine's day!
Did you know that your beating heart can be used to measure your stress levels? Our office uses specialized technologies to measure whether your heart rate is out of balance. Your personal COREscore™ combines spinal nerve and heart rate testing to accurately measure your stress levels. Book a COREscore™ today for both you and your Valentine.

Don't Guess! Test your Stress.

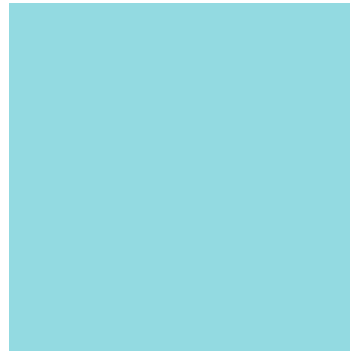
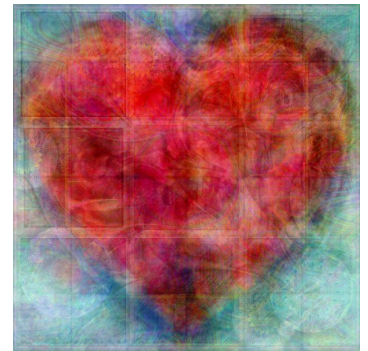
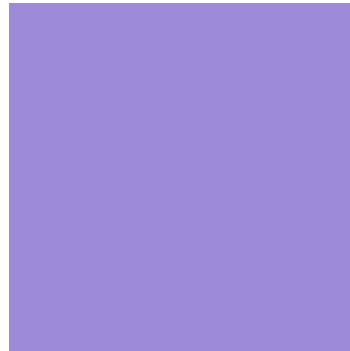
Ask your Chiropractor for your



Waves Of Transformation Wellness Center, Inc.
309 Main Street
Toms River, NJ 08753
(732) 244-5008

Wavesoftransformation.com

*“In your light I learn how to love.
In your beauty, how to make poems.
You dance inside my chest where no one sees
you,
but sometimes I do,
and that sight
becomes this art.”
- Rumi*



Waves of Transformation Wellness Center, Inc.

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